



KEVIN W. FRYER DDS INC

## Extraction Post Op Instructions

**Day of Extraction:** Bite firmly on gauze for 1/2 hour  
**DO NOT RINSE** with anything for 24 hours  
**DO NOT SMOKE** for at least 24 hours  
**DO NOT SPIT** for 24 hours  
**DO NOT DRINK THROUGH A STRAW** for 24 hours

**Tomorrow:** Begin rinsing with warm salt water every 2 hours  
(1/4 teaspoon salt in glass of lukewarm water)  
Begin brushing and flossing thoroughly

**Bleeding:** Some bleeding is normal after an extraction. If persistent bleeding occurs, do not rinse mouth. Place dry gauze over bleeding area and bite firmly for 1/2 hour. Repeat if necessary.

**Foods:** Eat soft foods for the first 24 hours.

In 48 hours, you may notice an increase in swelling and discomfort. Do NOT be alarmed, this is normal.

To keep your discomfort to a minimum after an extraction, keep your mouth as clean as possible. If any unusual symptoms occur, please do not hesitate to contact us.